Preparations for our daily training

Friends,
I have been overwhelmed with the response for the Floreio Art project. In the last 24 hours or so I have been bombarded with hundreds of responses to the video.
I have constructed the mailing list and it is already in use, please make sure to join it by emailing me at floreioart@gmail.com with the subject line 'floreio'.

Now for some preparations...
Some of the movements I am about to present here will create a big demand on certain joints and muscles in your body that some of you are not used to using.
In order to make sure you do will not get hurt and further progress will be made, I advice you start PREhabbing this 'weak link' problem areas and I will provide some tools:
1. Wrists. Most people are not used to the kind of stress that Floreio and Handbalancing work can have on the wrists. I advice you to stretch and strengthen them alongside your practice in order to prevent future issues.
The tools:
A. Examine this wrists routine in the first half of this clip and practice it often: (I recommend 3-5 times a week and every day when trying to rehab a wrist injury with very low intensity)

WRISTS AND ANKLES

It can be used in two ways:
1. As a warm up - first the stretching for 10-30 seconds each variation and then 10 reps of each of the dynamic moves variation one after the other without rest. Work as slowly as possible.
2. As a prehab tool at the end of your session for 10 reps each X 3 sets of the whole routine.

B. Go read Coach Sommer on Wrist Pushups thanks to good friend and coach extraordine'r Christopher Sommer, great information on wrist re and prehab is available.

WRIST CONDITIONING

B. Shoulders due to their hyper mobile but not stable nature are very often a limiting factor in Floreio and Handbalancing practice. The problem is mainly not having enough ROM while also having weak stabilization around the joint. The issues are of course related. The body tries to protect its weak joint from injury and though, it limits the ROM.
'Opening up' your shoulders should be approached as a slow and careful process. It is not something that happens over night.
I will not explain the reasoning behind the whole process, volumes have been written on the subject, I will just say this: I think one of the best tools for someone who is after more ROM and more stability is rubber band work. I have created over the years many different routines and exercises for the shoulder but here is a basic and quick routine:

BASIC SHOULDER ROM AND STABILIZATION ROUTINE

I recommend doing it 2-3 times a week, again using it:
1. As a warm up tool. This is especially for those with less than optimal ROM in the shoulder that limits them from performing the movements. Just do one 'run' through the routine.
2. As a prehab tool - perform 2-3 runs through the routine.

Last but not least, if you are not familiar with the Queda de Rim movement.

Go read this article I wrote many years ago for the Performance Menu and start practicing your control of it:

It is free, thanks to good friends and amazing coaches like Robb Wolf and Greg Everett.

That is it for the preparations, for any questions you can comment on this thread.
Happy training.